

Managing Your Blood Pressure at Home

How Technology Can Help—and When Less Is More

Many people now use technology to track their health. Blood pressure (BP) monitoring at home can be a helpful tool—but only when used the right way. This handout explains **which tools are helpful, how often to check your BP, and how to avoid unnecessary stress from over-monitoring.**

What Devices Should I Use?

 **Use a home blood pressure cuff that goes on the upper arm.**

These devices are the most accurate and are recommended by medical organizations.

 **Avoid watches or devices that claim to measure blood pressure without a cuff.**

At this time, these devices are **not reliable** and are **not recommended** for medical decision-making.

Choosing a Home Blood Pressure Monitor

Consumer Reports reviews home BP monitors each year and consistently recommends devices that:

- Wrap around the **upper arm**
- Have a cuff that fits your arm properly
- Are easy to use and read
- Give consistent results

You can find current recommendations here:

Validated Blood Pressure Monitors by Validate BP, a public health service supported by the American Medical Association – <https://www.validatebp.org/devices>

Best Home Blood Pressure Monitors of 2026 by Consumer Reports –

<https://www.consumerreports.org/health/blood-pressure-monitors/best-home-blood-pressure-monitors-of-the-year-a2729131535/>

 **Tip:** Bring your home BP cuff to a clinic visit so your care team can make sure it matches office readings.

Blood Pressure Apps: Helpful for Tracking

Apps can help you **record and organize readings**, but they do not replace medical care or the BP cuff itself.

Commonly used options include:

- **Apple Health App** – Tracks BP readings and trends over time
- **SmartBP (iOS & Android)** – Creates logs and reports for office visits
- **Hello Heart** – Available through some employers or Medicare Advantage plans; includes education and coaching
- **BreathNow (iOS)** – Combines BP tracking with guided breathing exercises
- **Health Coach – Fit & Heart Health (iOS)** – Supports heart-healthy habits
- **My Blood Pressure Journal** – A simple manual log option

 Apps are best used to **bring accurate BP records to your appointments**.

How Often Should I Check My Blood Pressure?

More is **not always better**. How often you check depends on your situation.

1. If You Are Diagnosed or Being Evaluated

- Check BP **twice daily** (morning and bedtime)
- Do this for **1–2 weeks**
- Helps confirm whether BP is truly high and avoids “white coat” readings

2. After a Medication Change

- Check BP **twice daily** for about **1–2 weeks**
- Helps your clinician adjust treatment safely and effectively

3. If Your BP Is Stable and Well Controlled

- Check BP **occasionally**
 - This may be **monthly, quarterly, or even once a year**
 - Frequent daily checks are usually unnecessary and can increase anxiety
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How to Check Your Blood Pressure Correctly

For the most accurate reading:

- Sit quietly for **5 minutes**
- Feet flat on the floor, back supported
- Arm resting at heart level
- Do not talk during the measurement
- Take **two readings**, one minute apart

Write down or save the **date, time, and reading**.

Why Home Blood Pressure Monitoring Matters

Checking BP at home can reveal patterns that aren't seen in the office:

- **White coat hypertension:** High in the clinic, normal at home
- **Masked hypertension:** Normal in the clinic, high at home

Both are important to identify and manage correctly.

Key Takeaways

- ✓ Upper-arm BP cuffs are the standard
- ✓ Wearable cuff-less BP devices are not recommended
- ✓ Monitor with a clear purpose—not constantly
- ✓ Apps help organize readings but don't replace care
- ✓ Bring your home BP records to appointments

If you're unsure how often to check your BP or which device to use, talk with your healthcare provider—we're here to help.
